



MARINE HEAVY HELICOPTER SQUADRON 362

Commanding Officer's Suicide Prevention Policy Statement



WE NEED YOU IN THE FIGHT!

Mission accomplishment is our number one priority; however, we cannot accomplish the mission if we let the Marines entrusted to us needlessly harm themselves. Suicide is the second-leading cause of non-combat related deaths in the Marine Corps today. Statistically, our Corps has a higher suicide rate than all other U.S. Military branches. Suicide prevention must be one of our considerations as we train, go on liberty, and go to war with our fellow Ugly Angels.

TAKE CARE OF EACH OTHER BOTH ON AND OFF DUTY!

Statistics also show that Marines and sailors are more vulnerable to suicide during their first term of enlistment and during holiday seasons and deployments. If you hear anything that implies that someone is contemplating suicide, never assume that they are kidding or joking. Do not minimize the matter and never promise them that you will keep it a secret. Get help immediately! Use the chain of command, so we can be informed about the situation and get help. Chaplains are always available. Find someone. Never leave a person alone who is contemplating suicide. Talk to them and let them know that you care and want to help.

HAVE THE COURAGE TO ASK FOR HELP!

Suicide is a widespread problem. Do not hesitate to help an Ugly Angel that is showing possible signs of suicide. Get involved – a mad friend is better than a dead friend. If you are the one experiencing depression, or thoughts of suicide – do not hesitate to talk to someone. Marines are not very good about this, because we are expected to be “tough.” Have the courage to ask for help. We must continue to take care of our buddies: in combat, in peacetime, on duty, and on liberty. That is what Ugly Angels do. To senselessly lose a Marine is the ultimate win for the bad guys...NO FIGHT REQUIRED! Don't let it happen.

MULTIPLE RESOURCES ARE AVAILABLE TO HELP!

Multiple resources beyond just using the chain of command are available including: Marine Corps Community Services, Base Medical, the National Suicide Prevention Lifeline, a 24-hour civilian suicide hotline (1-800-SUICIDE), the Veterans Crisis Line, a 24-hour Marine Corps suicide hotline (1-800-273-TALK), our squadron Flight Surgeon, or the MAG-24 Chaplain. For more initial information on suicide prevention, contact the MAG-24 Chaplain, LCDR Clark (257-2749) or our Flight Surgeon, LT Ballard (257-1371).

C. H. OLIVER
LtCol USMC
Commanding Officer